

Bereavement Support Service

The loss of a loved one through sudden unexplained death and suicide is a uniquely devastating circumstance. It can create a particularly complex set of feelings in those left behind and leave us with unanswered questions which are hard to resolve. We can help you find the path to the right support, understanding and recovery

The suicide bereavement service is available to families, friends and colleagues and anyone who feels affected by a suicide in Shropshire, Telford & Wrekin.

Call: 07434 869248

email: talk2@telford-mind.co.uk

Workplace Wellbeing

Telford Mind provides customised mental health support for employers and their employees within Telford and Wrekin. This can include tailored mental health training sessions, one to one listening support and mental health awareness promotional events.

For further information about packages available and costs please email: talk2@telford-mind.co.uk

Are you or your partner expecting a baby or have a child under two?

You can access, support, information and guidance from our team!

We can help with a wide range of topics such as:

Finances, Childcare, Emotional Wellbeing, Mental Health, Activities and Support, Social Isolation, Relationships, Confidence Building.

For more information, please email perinatal@telford-mind.co.uk or call 07434 869248

About Telford Mind

Telford Mind is an independent voluntary organisation that is affiliated to National Mind. It exists to promote and support better mental health in Telford and Wrekin and surrounding areas.

We are committed to quality and hold the Mind Quality Mark (MQM). The MQM is a robust quality assurance framework and sets out the required baseline of best practice.

Are you in a Crisis?

If you are experiencing a mental health crisis, please contact:

Access Team for Adult Mental Health

Tel: 0300 124 0365

NHS 111

Samaritans: 116 123



Support for people who are experiencing mental health problems or emotional distress

Working to ensure that nobody faces a mental health problem alone.

Tel: (07434) 869248
talk2@telford-mind.co.uk
www.telford-mind.co.uk

**Court Street Medical Practice,
Court Street, Madeley, TF7 5EE**

Charity Number :1186627



Listening Support Line

If you are in emotional distress, struggling to cope, or need somebody to talk to there is always someone to take your call during our opening hours to offer one to one listening support.

The support line is open:

Monday to Friday 10.00 am – 5.00 pm

Please call us on : 07434 869248

Social Prescribing

The main aim of this service is to support individuals to access community services, projects and activities to benefit their health and wellbeing.

If you are a registered patient at one of the surgeries listed below, please enquire with your surgery about a referral to this service:

**Court Street Medical Practice, Stirchley,
Woodside, Wellington, Hollinswood & Priorslee,
Dawley Medical Practice, Charlton Medical Practice**

Green Social Prescribing

The Green Social Prescribing project helps you to see the importance of physical and mental health and spending time in your local environment. We encourage active involvement and promote opportunities in your local community, exploring what facilities are available for you to engage in and be apart of your community.

If you are a registered patient at either Court Street Medical Practice or Stirchley Medical Practice, please enquire with your surgery about a referral to this service.

Calm Café

Are you looking for emotional or mental health support in the evening? Are you feeling isolated? Do you need a safe place? Do you need someone to listen?

Our Calm Cafes are available for anyone aged 18 years or over who are finding themselves in a crisis or need support with their mental health.

Our calm cafes are available 5pm - 8pm in the following locations:

Monday: The Wakes, Oakengates

Tuesday: Turreff Hall, Donnington

Wednesday: Hub on the Hill, Sutton Hill

Thursday: Meeting Point House

Armed Forces Community Café

The Cafés offer the space to meet and talk to like-minded people with similar day-to-day issues. Our aim is to bring the Armed Forces Community together to get support where needed.

The cafes are held at the following locations:

Monday

2nd & 4th Monday of the month

2pm - 4pm

Dawley House, 22 Burton Street, Dawley, TF4 2ES

Wednesday

1st & 3rd Wednesday of the month

4pm - 6pm

Turreff Hall, Donnington, TF2 8HG

Assist & Engage

The Assist and Engage project is for people aged 18+ who are medically fit to leave the Emergency Department but may benefit from a period of additional mental health support to facilitate a safer discharge.

The service can provide provide listening support, Solution-focused interventions, and coping strategies . The service is available Thursday - Tuesday, 6pm until midnight.

Please note this service is by referral only from: Mental Health Liaison Service, CRHT, EDT & AMHPs.

Counselling Service

Our Counselling team work with people aged 18+ and also offers relationship counselling to couples.

It is a chargeable service, sessions cost £30 each for individuals, and £40 each for couples.

Please contact us to make a referral or for more information:

counselling@telford-mind.co.uk

Dual Diagnosis Café

Are you dependent on a substance to relieve feelings of stress, sadness, anxiety, or other unwanted emotions? Are you feeling isolated? Do you self medicate?

If you require support and are over 18, would like more information or would like to book a place.

Please contact:

outreach@tacteam.org.uk